



JASTRZĘBSKA DZIESIĄTKA

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2023-09-09
Jastrzębie-Zdrój
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GRIMAN Joanna	57	AKTYWNA PSZCZYNA RUNNERS TEAM	K40-49	1	Aktywna Pszczyna Runners Team	00:00:02	00:38:40.70	00:38:43.05		3:52	15.5 (100%)
2	BODNAR Anna	36	ANIA HALSKA COACHING	K40-49	2		00:00:03	00:39:09.40	00:39:12.95	+00:00:28 (1.2%)	3:54	15.3 (98.7%)
3	DYBCZYŃSKA Jadwiga	117	LKS POGÓRZE	K40-49	3	Team szalenie szybkich biegaczy	00:00:04	00:40:58.95	00:41:03.60	+00:02:18 (5.6%)	4:05	14.6 (94.2%)
4	GRABOWSKA-SZYSZKA Elżbieta	586	ZADYSZKA OŚWIĘCIM	K40-49	4	Zadyszka Oświęcim	00:00:07	00:43:32.30	00:43:39.40	+00:04:51 (11.2%)	4:21	13.8 (89.0%)
5	POŁOMSKA Edyta	144	POŁOMSCY TEAM	K40-49	5	Połomscy Team	00:00:05	00:43:50.10	00:43:56.05	+00:05:09 (11.8%)	4:23	13.7 (88.4%)
6	LASKOWSKA Katarzyna	109	INŻYNIERIA BIEGANIA	K40-49	6	Inżynieria Biegania	00:00:08	00:43:59.90	00:44:08.45	+00:05:19 (12.1%)	4:23	13.6 (87.7%)
7	KOPIEC Izabela	131		K40-49	7		00:00:11	00:45:58.15	00:46:09.75	+00:07:17 (15.9%)	4:35	13.1 (84.5%)
8	PARZYCH Katarzyna	79		K40-49	8	Rybnicka Grupa Biegowa Pędzimy Razem	00:00:09	00:46:11.70	00:46:21.40	+00:07:31 (16.3%)	4:37	13 (83.9%)
9	OPIEKULSKA Renata	153		K40-49	9		00:00:10	00:47:20.00	00:47:30.75	+00:08:39 (18.3%)	4:44	12.7 (81.9%)
10	MAZUREK Anna	198		K40-49	10		00:00:13	00:47:53.25	00:48:06.30	+00:09:12 (19.2%)	4:47	12.5 (80.6%)
11	SZCZOTKA Katarzyna	263	AKTYWNA PSZCZYNA	K40-49	11	Aktywna Pszczyna Runners Team	00:00:15	00:49:11.40	00:49:27.30	+00:10:30 (21.4%)	4:55	12.2 (78.7%)
12	PERKOWSKA Daria	234	KOBIETY NA 5+	K40-49	12	Kobiety na 5+	00:00:08	00:49:12.50	00:49:20.70	+00:10:31 (21.4%)	4:55	12.2 (78.7%)
13	SUSZCZYK Monika	311		K40-49	13		00:00:13	00:49:24.95	00:49:37.95	+00:10:44 (21.7%)	4:56	12.1 (78.1%)
14	WYPIÓR Ewa	350		K40-49	14		00:00:19	00:49:37.25	00:49:57.00	+00:10:56 (22.1%)	4:57	12.1 (78.1%)
15	NIEŚLAŃCZYK Małgorzata	332	WATAHA	K40-49	15	WATAHA	00:00:12	00:49:43.00	00:49:55.85	+00:11:02 (22.2%)	4:58	12.1 (78.1%)
16	MAZUR Małgorzata	385		K40-49	16		00:00:06	00:51:23.30	00:51:29.75	+00:12:42 (24.7%)	5:08	11.7 (75.5%)

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17	MUSIAŁ Wioletta	241		K40-49	17	Galopujące Ślimaki	00:00:15	00:52:02.30	00:52:18.20	+00:13:21 (25.7%)	5:12	11.5 (74.2%)
18	PIETRZYK Aleksandra	232	TEAM PAPRY	K40-49	18		00:00:17	00:53:03.95	00:53:21.75	+00:14:23 (27.1%)	5:18	11.3 (72.9%)
19	CEGLARSKA Sonia	461	JEJKOWICE BIEGAJĄ	K40-49	19	Jejkowice Biegają	00:00:32	00:53:09.55	00:53:42.20	+00:14:28 (27.2%)	5:18	11.3 (72.9%)
20	BASTA Dorota	437	ZADYSZKA OŚWIĘCIM	K40-49	20	Zadyszka Oświęcim	00:00:31	00:53:32.20	00:54:03.75	+00:14:51 (27.8%)	5:21	11.2 (72.3%)
21	BIEŃKO Edyta	556		K40-49	21		00:00:22	00:53:50.40	00:54:12.45	+00:15:09 (28.2%)	5:23	11.1 (71.6%)
22	LORENZ Agnieszka	335	GB GALOPUJĄCE ŚLIMAKI	K40-49	22	GB Galopujące Ślimaki	00:00:15	00:54:06.55	00:54:22.25	+00:15:25 (28.5%)	5:24	11.1 (71.6%)
23	GAJ Monika	474	DAR-BUD TEAM	K40-49	23		00:00:13	00:55:20.25	00:55:33.30	+00:16:39 (30.1%)	5:32	10.8 (69.7%)
24	KLUCZYŃSKA Honorata	298		K40-49	24		00:00:21	00:56:54.05	00:57:15.25	+00:18:13 (32.0%)	5:41	10.5 (67.7%)
25	TERESZYŃSKA Anna	495		K40-49	25		00:00:06	00:57:04.20	00:57:10.75	+00:18:23 (32.2%)	5:42	10.5 (67.7%)
26	GIEROŃ Katarzyna	442	DYSTANS LUBOMIA	K40-49	26		00:00:00	00:57:13.70	00:57:13.70	+00:18:33 (32.4%)	5:43	10.5 (67.7%)
27	KORDEK Dorota	353		K40-49	27		00:00:26	00:57:26.25	00:57:52.85	+00:18:45 (32.7%)	5:44	10.4 (67.1%)
28	HALSZKA Joanna	567	DYSTANS LUBOMIA	K40-49	28		00:00:29	00:57:28.65	00:57:58.15	+00:18:47 (32.7%)	5:44	10.4 (67.1%)
29	SZEWCZYK Marzena	421	JEJKOWICE BIEGAJĄ	K40-49	29		00:00:33	00:57:37.40	00:58:10.45	+00:18:56 (32.9%)	5:45	10.4 (67.1%)
30	GENSTY Klaudia	573	DYSTANS LUBOMIA	K40-49	30		00:00:30	00:58:54.90	00:59:25.80	+00:20:14 (34.3%)	5:53	10.2 (65.8%)
31	SOBOL Ewa	552	DYSTANS LUBOMIA	K40-49	31		00:00:28	00:58:57.65	00:59:26.20	+00:20:16 (34.4%)	5:53	10.2 (65.8%)
32	MILOWSKA Sylwia	504		K40-49	32		00:00:32	00:59:06.05	00:59:38.80	+00:20:25 (34.6%)	5:54	10.2 (65.8%)
33	GORZELAK Joanna	580	KOBIETY NA 5+	K40-49	33	Kobiety na 5+	00:00:16	00:59:18.50	00:59:35.25	+00:20:37 (34.8%)	5:55	10.1 (65.2%)
34	KARLIK Agnieszka	258	AKTYWNI LYSKI	K40-49	34		00:00:33	00:59:38.15	01:00:11.15	+00:20:57 (35.1%)	5:57	10.1 (65.2%)
35	KOLORZ-STYLOK Katarzyna	582		K40-49	35		00:00:30	01:00:16.10	01:00:46.80	+00:21:35 (35.8%)	6:01	10 (64.5%)
36	ZAKRZEWSKA Barbara	583		K40-49	36		00:00:31	01:00:59.15	01:01:30.50	+00:22:18 (36.6%)	6:05	9.8 (63.2%)
37	BURDA Renata	484	AKTYWNI RYDUŁTOWY	K40-49	37		00:00:38	01:01:11.50	01:01:50.35	+00:22:30 (36.8%)	6:07	9.8 (63.2%)
38	GAŁKIEWICZ Monika	528		K40-49	38		00:00:25	01:02:00.40	01:02:25.65	+00:23:19 (37.6%)	6:12	9.7 (62.6%)
39	TYRYTKO Sylwia	545	WATAHA	K40-49	39	WATAHA	00:00:30	01:02:38.70	01:03:09.20	+00:23:58 (38.3%)	6:15	9.6 (61.9%)

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40	MOSZ Weronika	542		K40-49	40		00:00:33	01:03:15.60	01:03:48.85	+00:24:34 (38.9%)	6:19	9.5 (61.3%)
41	BOŁOTIUCH Katarzyna	469	POWOLI DO CELU	K40-49	41		00:00:33	01:03:25.00	01:03:58.55	+00:24:44 (39.0%)	6:20	9.5 (61.3%)
42	ZIMNY Cecylia	471	SMAKI BIEGANIA	K40-49	42		00:00:13	01:03:31.45	01:03:45.20	+00:24:50 (39.1%)	6:21	9.4 (60.6%)
43	BORDA Grażyna	460	KOBIETYNA5+	K40-49	43		00:00:09	01:03:43.00	01:03:52.90	+00:25:02 (39.3%)	6:22	9.4 (60.6%)
44	ORŁOWSKA Joanna	562	ULTRA BESKID SPORT	K40-49	44		00:00:32	01:04:04.75	01:04:37.20	+00:25:24 (39.6%)	6:24	9.4 (60.6%)
45	FECZKO Lucyna	577		K40-49	45		00:00:12	01:04:34.05	01:04:46.20	+00:25:53 (40.1%)	6:27	9.3 (60.0%)
46	ŻEBROWSKA Matylda	500	MORS HUBERTUS MYSŁOWICE	K40-49	46		00:00:39	01:04:54.65	01:05:34.30	+00:26:13 (40.4%)	6:29	9.2 (59.4%)
47	KUBIK Aleksandra	516		K40-49	47		00:00:32	01:05:00.05	01:05:32.90	+00:26:19 (40.5%)	6:30	9.2 (59.4%)
48	CEGLARSKA Alicja	457	JEJKOWICE BIEGAJĄ	K40-49	48	Jejkowice Biegają	00:00:32	01:05:50.20	01:06:22.95	+00:27:09 (41.3%)	6:35	9.1 (58.7%)
49	PASTUSIAK Janina	557		K40-49	49		00:00:04	01:05:54.80	01:05:59.55	+00:27:14 (41.3%)	6:35	9.1 (58.7%)
50	ŁAPA Aleksandra	544	4A	K40-49	50		00:00:32	01:06:29.40	01:07:02.05	+00:27:48 (41.8%)	6:38	9 (58.1%)
51	KACPRZYK Iwona	538		K40-49	51		00:00:33	01:06:33.45	01:07:06.50	+00:27:52 (41.9%)	6:39	9 (58.1%)
52	SZPYRA Sonia	388		K40-49	52		00:00:24	01:06:52.00	01:07:16.80	+00:28:11 (42.2%)	6:41	9 (58.1%)
53	CZYRNEK Ewa	489	SMAKI BIEGANIA	K40-49	53	Smaki biegania	00:00:34	01:07:17.20	01:07:52.00	+00:28:36 (42.5%)	6:43	8.9 (57.4%)
54	MARCISZ Natalia	514	INTERAKTYWNI	K40-49	54		00:00:26	01:07:32.20	01:07:58.45	+00:28:51 (42.7%)	6:45	8.9 (57.4%)
55	BOGACZ-BUCHTA Anna	566		K40-49	55		00:00:33	01:08:30.00	01:09:03.60	+00:29:49 (43.5%)	6:51	8.8 (56.8%)
56	KWIATKOWSKA Elwira	482		K40-49	56		00:00:14	01:09:31.10	01:09:45.70	+00:30:50 (44.4%)	6:57	8.6 (55.5%)
57	WRÓBEL Ewa	561		K40-49	57		00:00:36	01:10:57.20	01:11:33.55	+00:32:16 (45.5%)	7:05	8.5 (54.8%)
58	GŁÓWCZYK Izabella	525	KOBIETY NA 5+	K40-49	58	Kobiety na 5+	00:00:11	01:11:46.50	01:11:58.05	+00:33:05 (46.1%)	7:10	8.4 (54.2%)
59	KOLAT Jadzia	454	KOBIETY NA 5+	K40-49	59	Kobiety na 5+	00:00:08	01:11:46.95	01:11:55.60	+00:33:06 (46.1%)	7:10	8.4 (54.2%)
60	RATAJCZAK Ewa	463	PRZYJACIÓŁKI DO SPÓŁKI	K40-49	60		00:00:34	01:13:46.20	01:14:20.20	+00:35:05 (47.6%)	7:22	8.1 (52.3%)
61	ANIOŁ-BARLIK Agnieszka	453		K40-49	61		00:00:17	01:15:56.20	01:16:13.20	+00:37:15 (49.1%)	7:35	7.9 (51.0%)
62	IDZIKOWSKA Elżbieta	503		K40-49	62		00:00:22	01:17:23.35	01:17:46.25	+00:38:42 (50.0%)	7:44	7.8 (50.3%)

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63	ZALEWSKA Barbara	481		K40-49	63	Kobiety na 5+	00:00:10	01:18:45.00	01:18:55.85	+00:40:04 (50.9%)	7:52	7.6 (49.0%)

Znaleziono 63 wynik(ów)